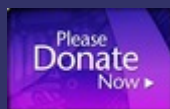




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[Public Practice Schedule:](#)

**PLEASE NOTE THIS  
SCHEDULE DOES NOT  
APPLY Dec 4th - 8th**

[Dec 4th thru 8th schedule](#)

#### Monday

7:00 am Zazen

7:40 am Morning Chanting Service

6:00 pm Zazen

6:40 pm Evening Chanting Service

#### Tuesday- Friday

6:00 am Zazen

6:40 am Kinhin (walking  
meditation)

6:50 am Zazen

7:20 am Chanting Service

7:40 am Soji (brief temple

December 3 -17, 2013

[HSZC.org](http://HSZC.org)

## December Sangha e-Newsletter



### Sentient Beings Within Your Mind:

"Now, let me show you how to get acquainted with the nature of  
sentient beings within your mind, and thereby realise the



Buddha-nature latent in  
you.

Knowing Buddha means  
nothing else than knowing  
sentient beings, for the  
latter ignore that they are  
potential Buddhas,  
whereas a Buddha sees  
no difference between  
himself and other beings.

When sentient beings  
realise the Essence of  
Mind, they are Buddhas. If  
a Buddha is under  
delusion in his Essence of  
Mind, he is then an

cleaning)

6:00 pm Zazen

6:40 pm Chanting Service

Thursdays Study Hour 7:30pm

### Saturday

6:30 am Zazen

7:10 am Chanting Service

7:25 am Soji

8:30 am Drop-in instruction

9:25 am Zazen

10:15 am Dharma Talk

11:00 am Refreshments/Social



ordinary being.

Purity in the Essence of Mind makes ordinary being Buddhas. With impurity in the Essence of Mind even a Buddha is an ordinary being. When your mind is crooked or depraved, you are ordinary beings with Buddha-nature latent in you. On the other hand, when you direct your mind to purity and straightforwardness even for one moment, you are a Buddha."

-Platform Sutra Tr. A.F. Price and Wong Mou-Lam



Mountain Seat Ceremony Oct 13th 2013

### Upcoming Events:

● **Dharma Talks-** [Rev. Myō Lahey](#) - Dec 7,21,28 @10:15am

● **Guest Speaker Saturdays** @10:15am - Dec 14 [Beata Chapman](#);

**2014** Jan 18 [Shosan Victoria Austin](#); Feb 8 [Keiryu Lien Shutt](#);

Mar 8 [Jeffrey Schneider](#); Mar 22 [Shokan Jordan Thorn](#);

**HIV Meditation Sitting Group**

weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!  
Thursdays & Fridays

10:30 am zazen

11:00 am garden socializing

**Women's Sangha**

(Women only)

weekly meditation group for women including guest speakers & socializing  
Tuesdays

7:00 pm - 8:30 pm

**Meditation in Recovery**

(Men & Women)

weekly meditation group for men & women in recovery from addiction

Fridays, 7:30 pm - 9 pm

**Women's Meditation in**

**Recovery**

(Women only)

monthly meditation group for women in recovery from addiction.

● **Full Moon Ceremony**- Saturday, Dec 14, 2013 @ 11am - The Full Cold or Full Long Nights, Moon.

● **Sangha Council**- TBD

● **Founder's Memorial**- Issan's Memorial is generally on the 6th of the month, & the memorial for Philip Whalen is generally on the 26th @ 6:40pm

● **Study Hour**- The Book of Serenity, we have books to share, we read together, feel free to drop-in - **Thursdays @7:30pm** (not meeting Dec 5th!)

● **Winter Light Retreat/Sesshin**- Dec 4th evening thru Dec 8th mid-day ([click here for more details](#))

● **Rohatsu (Bodhi Day) Ceremony**- Dec 7, 2013 @11:40-ish AM (post Dharma talk & set-up)

● **Jukai Ceremony (Henry Matallana & Chris Fletcher)** - Dec 8, 2013 @11:20-ish AM (post Dharma talk & set-up)

● **New Year Ceremony & Celebration**- Dec 31, 2013 @7:30pm - 12:00am Jan 1, 2014

● **HSZC will be closed the following upcoming days**-Dec 9,24,25,26 all day; Closed Dec 31<sup>st</sup> until 7:30pm for New year Celebration/Ceremony; Closed Jan 1, 2014 - all day and Jan 2<sup>nd</sup> 2014 morning. Open 6pm Jan 2<sup>nd</sup> 2014.

● **Next Board of Directors' Meeting**- Second Wednesdays of the month: **December 11th @7:30pm** (you're welcome to attend & observe)

● **Annual HSZC Member Meeting** - December 14th 2013 - The time to express thoughts and feelings on HSZC operations, work of the Board of Directors, to elect, vote and install board members and (some) new officers for the upcoming 2014-2016 officer term periods.

**Retreat/Sesshin begins on Dec 4th!** Please [visit here](#) to review the schedule for when to join us.

First Thursdays

7:15 pm - 8:45 pm

## Meals are only available for those who signed up in advance.

### Words From Our Abbot: Rev Myō Lahey at Valley Streams Sangha; Dharma

Because our situation is kind of weird, people have come up with weird ways to talk about it--ways of speaking which acknowledge the truth and the power of language, and also the equal power of emptiness. To use language in that way is a little challenging, and it winds up sounding very poetic and making illusions to one thing or another. In East Asia, they love seasonal imagery. Pine tree in the snow. Various sorts of images that have resonances in the body-mind but don't give us a lot to latch onto. One of the great teachers, Deshan, he came up with a way of categorizing these ways of speaking. This can actually apply not just to verbal teaching, but also physical instruction. One class is called "Swallowing Heaven and Earth". Another is "Cutting off Myriad Streams." Then there is a third one, "Following along the Waves." If you look at various teachings in the zen tradition you can typically assign them to one of the three categories.

Swallowing Heaven and Earth--these teachings lay out the completely ungraspable vastness of form and emptiness leaving no little corner for us to hide in. Often the references there are like "Village at Midnight"...a sense of everything being completely dark and yet completely alive. In that deep and living darkness: there's no heaven, there's no earth, there's no self, there's no other, there's no person, there's no objects. This is what it means to Swallow Heaven and Earth. Cutting off myriad streams refers to our tendency to talk to ourselves about stuff (basically 24/7 we're talking to ourselves about stuff), and in Buddha-Dharma, there is no exception that when we come to practice we often find ourselves thinking about various teachings and stuff we've heard and so forth.

Our ancestors especially in the Chan lineages discovered that it can be very helpful to interrupt that chatter abruptly, hence the business with whacking people with sticks, grabbing their noses, or shouting at them or whacking them. This is know to cut through the unfolding karma body/speech/mind like a sudden stop, everything stops. These teachings of cutting off myriad streams are sometimes very pungent, but even certain verbal expressions can do that. For instance, somebody asked ancestor Dongshan, "What is Buddha?" and Dongshan answers, "Three pounds of flax." A quite unexpected reply to that questions, and hence the tendency to bring us to an abrupt halt. Following Along with the Waves: the Bodhisattva simply adapting

to whatever conditions are arising or whatever the needs of sentient beings are.

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Oct 2013, Mountain Seat Ceremony

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**From the Garden:**

**Tender Winter Light**

A tender winter light  
Shines luminous as day,  
Illuminates the night  
As if to say,  
Why do you weep?  
As a song the heaven sings,  
In promise of other springs,  
The twinkling gently clears  
My misty eyes of tears,  
And bids me peaceful sleep.  
~ Daniel F Mitchell

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[Still accepting donations](#) for our recent building repairs from a leaky restroom and now damaged ceiling. If you intend your funds to be used solely for this repair, please indicate "building repair donation".

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**JUKAI Dec 8th!** - Our December Winter Light retreat (sesshin) will have a Saturday Bodhi Day (Rohatsu) ceremony on Sat., Dec 7th, and end with Jukai for two of our Sangha members. We are delighted to support them in their vow and ongoing efforts and ourselves again vow to:

Do good

Avoid evil

Save (help) all beings

Not Killing

Not Stealing

Not Misusing Sex

Not Lying

Not Intoxicating

Not Discussing Faults of Others

Not Praising Yourself While Abusing Others

Not Sparing the Dharma Assets (Generosity)

Not Indulging in Anger

Not Defaming the Three Treasures

Taking refuge in the:

Buddha -- enlightenment

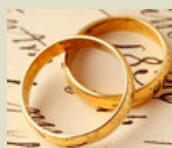
Dharma -- teachings

Sangha -- the community

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**Hartford Street History:** HSZC's Mountain Seat and Rev. Myō in the local neighborhood news! Please be sure to check the [BAR \(Bay Area Reporter\)](#) November 21<sup>st</sup> issue for an article about our recent Mountain Seat Ceremony and Interview with Rev Myō Lahey.

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**Seeking a LGBTQI, Buddhist space for your wedding?** HSZC & Abbot Rev. Myō Lahey can be a part of this amazing & love filled ceremony. HSZC can house your Zen Buddhist Wedding ceremony & Rev Myō can perform weddings! Please email [hszc108@yahoo.com](mailto:hszc108@yahoo.com), call us, or a better way is to stop to discuss during our publicly open hours.

Abbot, Hartford Street Zen Center (HSZC) --- Reverend Myō Lahey



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